

Dr. Anthony Fauci page 2

DECEMBER 2016 VOLUME 31, NO. 12

12 w

www.friendshipheightsmd.gov

301-656-2797

Welcome 2017 with our New Year's Day Open House

Say hello to 2017 when the Friendship Heights Village Council hosts a New Year's Day celebration at the Village Center on **Sunday**, **Jan. 1, from 2 to 3:30 p.m.**

The open house features light fare from Ridgewell's Caterers and music from harpist Kristin Jepperson.

The shuttle bus will run from 1:30 to 4 p.m. only between residential buildings and the Village Center.

Please join us for this annual event that offers a wonderful opportunity to mingle with neighbors in a relaxed and cordial atmosphere.



Visit the African Art Museum of Maryland



While you're waiting to secure a ticket to the Smithsonian's newest museum, why not join us for a visit to the African Art Museum of Maryland?

On **Wednesday, Jan. 25**, we'll take a short drive to Fulton to enjoy a curated African Experience Tour featuring an introduction to the languages, dress and size of the continent. We'll gain a better understanding of African art and the culture while we view masks, musical instruments, textiles, jewelry and household items. This museum is quite small in scale, but its collection reflects the diversity of the 11 million miles of Africa. The African Art Museum of Maryland, founded in 1980, is one of only three museums of

its kind in the United States devoted exclusively to the art of Africa. It has been recognized as one of the state's most respected cultural institutions.

Following our tour, we'll enjoy a delicious luncheon at Ananda, which features Royal Indian cuisine. Our three-course luncheon offers a mixed green salad, a choice of chicken tiki masala, lamb shahi korma, or vegetable jalfrezi, and chocolate torte for dessert.

With its warm wood paneling, high ceilings and numerous fireplaces, Ananda is an opulent, welcoming venue, which creates the perfect atmosphere for experiencing the fresh ingredients, rich spices, gorgeous

Continued on page 5, see African Art

Caregivers Support Group



It really does help to talk with others who share your feelings and experiences. The monthly support group for people providing regular assistance for family members with serious illness or dementia will next meet at the Village Center on **Monday**, **Dec. 12**, **from 6:30 to 8 p.m.**

The meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. If you have questions for Judith, please email her at judith.gpspartners@gmail. com. The support group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Let us know if you plan to attend by calling 301-656-2797. **Please note: the group is for caregivers only.**

GetWell Rehabilitation, LLC

orthopedic / neurological | aquatic

Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

Locations

Tenleytown

4000 Wisconsin Ave., NW #P2 Washington, DC 20016 (inside Tenley Sport & Health Club, garage parking available)

Friendship Heights

4601 N Park Ave., #10C Chevy Chase, MD 20815 (at the Elizabeth Arcade, free garage parking!)

phone **301-654-9355** | **fh@getwell-rehab.com** www.getwell-rehab.com

Dr. Fauci to speak at the Center

Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases (NIAID) at NIH, will discuss the challenges of preventing, diagnosing, and treating infectious diseases, including the Ebola virus in West Africa and Zika virus in the Americas, at the Village Center on **Thursday**, **Dec. 8**, **at 7:30 p.m.**

Dr. Fauci has advised five Presidents and the U.S. Department of Health and Human Services on HIV/AIDS, pandemic preparedness, and many other domestic and global health issues. Dr. Fauci is the recipient of numerous prestigious awards, including the Presidential Medal of Freedom, the highest honor given to a civilian by the President of the United States. Please let us know you will attend by calling 301-656-2797.



www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the January issue is December 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White Volunteer Editor **Anne Hughes O'Neil** Staff Writer, Layout, Advertising

Jennie Fogarty Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White Mayor

John R. Mertens Chairman

Michael J. Dorsey Vice Chairman

Paula J. Durbin Secretary

Kathleen G. Cooper

Treasurer

David O. Lewis
Parliamentarian
Clara Lovett
Historian

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Police statue back in place

Our police statue has been fully restored by the original sculptor, J. Seward Johnson, and reinstalled at its familiar location at the corner of South Park Avenue and The Hills Plaza. The statue honors James McAuliffe, former Montgomery County Chief of Police and Village resident.



Pedestrian crossings on Wisconsin Ave.



Crossing the street in Friendship Heights can be tricky business. Pedestrians are advised to always push the button at marked crosswalks in order to activate the walk signal. At the mid-block crossing on Wisconsin Avenue by the Barlow Building (shown below), the traffic will stop but if you don't push the button you will not activate the crossing signal and will get less time to cross the street.

The same is true for crossing Wisconsin Avenue at South Park by Highland House.



Page Park wall renovated

Last month we reported on possible improvements we are exploring for Page Park, including providing water and electricity. Recently we had the retaining wall restored in the back of the park (photo top right). The barbecue grill area has been replaced with a sitting wall, and bluestone

has been installed on the wall and steps. The brick walkway leading to the wall has also been restored and cleaned.

Parcel 6 update

no further contact from



Council opposes redevelopment of Bethesda Fire Station site

At the November 14 Council meeting, Naomi Spinrad, Vice President of the Chevy Chase West Neighborhood Association, gave a presentation on her community's position regarding possible development of the Bethesda Fire Station site at the corner of Wisconsin Avenue and Bradley Boulevard. Previously the Council had heard from Nat Finkelstein representing the Bethesda Fire Department Board. The Council then voted to oppose any rezoning and redevelopment of the site. The County Council's PHED (Planning, Housing, Economic Development) Committee will be discussing the site beginning in January 2017.



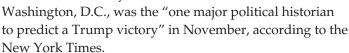
Other Council actions at the November 14 meeting:

- Discussed possible upgrades to Page Park.
- Discussed adoption of strategic plan recommended by Community Advisory Committee; deferred action until next month's meeting.
- Declined to act on request from Sean Moaadel offering brokerage services from Moussa Moaadel Realtors to list and sell Village property at 4602 North Park Ave.

The next Council meeting will be Monday, December 12, at 7:30 p.m. in the Village Center.

AU Professor Allan Lichtman discusses Trump victory

Allan Lichtman, distinguished professor of history at the American University in

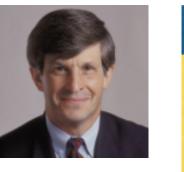


In fact, he has created a historically based model that has correctly predicted the last eight presidential elections. Dr. Lichtman will discuss his prediction system, called the Keys to the White House, at the Village Center on **Thursday**, **Jan. 12**, **at 7:30 p.m.** Sign up for this interesting lecture by calling 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones Do not take food or drink into the auditorium Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.



Remember Pearl Harbor Day

Join us at the Village Center on **Wednesday**, **Dec. 7**, **at 2 p.m.**, for a concert by vocalist and pianist Ginny Carr titled "Songs That Got Us Through World War II." Ms. Carr is the leader of the internationally acclaimed Uptown Vocal Jazz Quartet.

Her program will include many favorites from the 1940s such as "As Time Goes By," "In the Mood," "String of Pearls," and, "I'll Be Seeing You." Following the concert, please stay for tea. RSVP 301-656-2797.





Nancy Mellon Realty

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668

4500 N Park Ave., Suite 804N





BUY / SELL / RENT

Your Neighborhood Real Estate Specialists



Celebrate the magic of the season with music and lights

Space still remains for our trip to the Mormon Temple in Kensington for the annual Festival of Lights on **Monday**, **Dec. 12.**

We'll depart from the Village Center at 6 p.m., but come early at 5:30 p.m. and enjoy hot chocolate and cookies prior to departure. In addition to the extraordinary light display, the Festival of Lights also features more than 100 decorated trees, an international crèche display, an indoor musical performance, and a live nativity scene. We should return to the Village Center by 9 p.m.

The cost is just \$30 per person and includes transportation and all taxes and gratuities. Children are \$15 each with each paying adult.

Sign up immediately at the Village Center.

African Art, continued from page 1

colors and awakening scents of authentic Indian fare. Using traditional Indian methods of cooking, the restaurant features herbs and vegetables grown on its private farm located nearby.

The restaurant's owners, brothers Keir and Binda Singh, recognize that fresh ingredients are the foundation of incredible flavor and continue to rely on their farming background in sourcing and preparing dishes.

We'll leave from the Village Center at 9:30 a.m., and return by 2:30 p.m.

The cost of the trip, which includes transportation, tour, lunch, and all taxes and gratuities, is \$62.

Sign-ups begin immediately at the Village Center. The deadline to sign up is Jan. 17.

There are 24 spaces available.

Chevy Chase ENT & Audiology You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 • Chevy Chase, Maryland 20815 Office: 301-656-8630 • www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Dec. 1, 7 p.m. — **Movie** — **Love and Friendship** — In the 18th century, the seductive and manipulative Lady Susan uses devious tactics to win the heart of the eligible Reginald De Courcy. Stars Kate Beckinsale and Xavier Samuel. Rated PG. Running Time: 93 minutes.

Thursday, Dec. 8, 7:30 p.m. — Dr. Anthony Fauci on Infectious Diseases—see page 2 for details.

Thursday, Dec. 15, — No Movie — Michael Mezey talk on the Electoral College, 7:30 p.m. — see pg. 7.

Thursday, Dec. 22, 7 p.m. — Movie — Finding Dory — Dory is a wide-eyed, blue tang fish who suffers from memory loss every 10 seconds or so. The one thing she can remember is that she somehow became separated

Help hungry families this holiday season

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

loliday

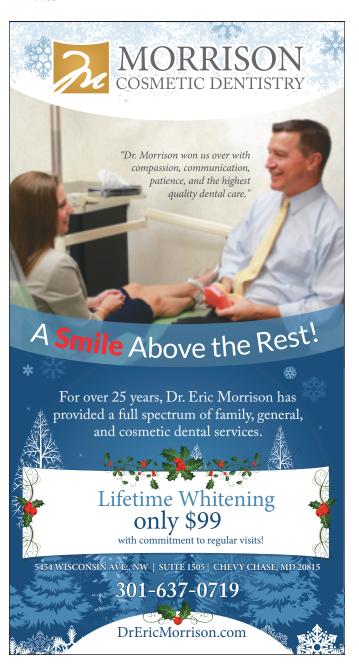
Please bring donations to the Center before Dec. 15 when they will be delivered to Manna. The food most needed includes low-sugar

cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. Items are also needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 60 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Last year Village residents donated 629 pounds of canned and boxed food. Let's see if we can beat that! Look for the small table in the Center lobby.

Important: please check expiration dates before bringing donation. Do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted. Thank you for your generosity! from her parents as a child. With help from her friends, Nemo and Marlin, Dory embarks on an epic adventure to find them. Dory knows that her family reunion will only happen if she can save mom and dad from captivity. Features the voices of Ellen DeGeneres, Ty Burrell and Ed O'Neill. Rated PG. Running Time: 103 minutes.

Thursday, Dec. 29, 7 p.m. — **Movie** — *The Beatles: Eight Days a Week* — Filmmaker Ron Howard examines the early years of the Beatles, from their club dates in Liverpool, England, to their concert tours in Europe and the rest of the world. Rated PG. Running Time: 137 minutes.



This month in the Friendship Gallery

"Autumn Joy" is the title of December's art exhibit, which features 15 local artists and a wide range of art. Sculptors, printmakers, textile artists, and others will exhibit their contemporary expressionist styles. All are invited to meet the artists at a reception on **Sunday, Dec. 11, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from December 5 to January 7. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday,



We Wear Masks by Llewellyn Berry

9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Why do we have an Electoral College?

Every four years, Americans are reminded that the decision about who will be our next president is made by something called the Electoral College. On Election Day you cast your vote for U.S. President and Vice President. By doing that, you also chose the electors who represent your state in the Electoral College.

On Dec. 19 the Electors will meet in their states and vote for President and Vice President on separate ballots. On Jan. 6, Congress will meet in joint session and count the electoral votes. Retired political scientist and Village resident Michael Mezey will speak at the Village Center on **Thursday**, **Dec. 15**, **at 7:30 p.m.**, (Bill of Rights Day) about the origins of the Electoral College, why the Founders created it, how they hoped it would work- and how it actually does work.

Dr. Mezey is Professor Emeritus at DePaul University in Chicago where he was chair of the Political Science Department and later Dean of the College of Liberal Arts and Sciences. He is the author of four books; the fifth, "Selecting the President: The Perils of Democracy," will

be published next summer.

Please join us for this interesting evening and learn why the candidate who won the most popular votes last month will not become President because her opponent won a majority of the Electoral Votes. Call 301-656-2797 to let us know you are coming.

The Village Book Club will meet this month on **Tuesday, Dec. 13, at 11 a.m**. The book selection is "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

Friendship Heights Village Center



Calendar of Events 2016

D E C E M B E R WEDNESDAY **THURSDAY MONDAY TUESDAY FRIDAY SATURDAY SUNDAY** 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 9:15 a.m.: Depart for Sackler Gallery Current Events Springs 11 a.m. - 4 p.m.: Village 10:30 a.m.: Balance, 9:30 a.m.: Photography Playtime Movement and Memory for Children 10:30 a.m.: Basic 11 a.m.: Still Life Painting 1 p.m.: Abstract Painting 6:15 p.m.: Scrabble Photography 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Love and Friendship 9 a.m.: Yoga 10 a.m.: Great Books 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m.: Dancing with 10:30 a.m.: Resistance 9:30 a.m. – 1:30 p.m.: Coffee 11 a.m.: Chair Exercise 11 a.m. – 4 p.m.: Village 10:30 a.m.: Coffee and 9 a.m. - 1 p.m.: GEICO/ and Sunday Papers Training the Healthy Brain demo Playtime Current Events **Goodwill Donation** 12 p.m.: Chess group 11 a.m.: Still Life Painting Drive 12-4 p.m.: Blood Pressure 12:30 p.m.: Bridge Club 10:30 a.m.: Balance, 2 p.m.: Pearl Harbor Movement and Memory Screening 9 a.m. – 1 p.m.: Twin 1 p.m.: Strength Training 6:15 p.m.: Scrabble Day Tea and Concert 1 p.m.: Balance and Springs with Ginny Carr with Tonya 1 p.m.: Abstract Painting 6:45 p.m.: Acrylic or Oil 9:30 a.m.: Photography for 7 p.m.: Café Muse 4:30 p.m.: Program 7:30 p.m.: Dr. Anthony 2-4 p.m.: Suburban Nurse **Advisory Committee** Fauci on Infectious Specialist 5:30 p.m.: Community 10:30 a.m.: Basic **Diseases** 3-4 p.m.: Tea Photography **Advisory Committee** 6:15 p.m.: Depart for Arena Stage 7:30 p.m.: Concert: 7 p.m.: Pilates 11 13 14 15 16 9:15 a.m.: Drop-in Tai Chi 9 a.m.: Yoga 8:15 a.m.: Walking Club 10 a.m.: Great Books 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 10:30 a.m.: Coffee and 10:30 a.m.: Resistance 11 a.m.: Chair Exercise 11 a.m. – 4 p.m.: Village 9:30 a.m. - 1:30 p.m.: Coffee 9 a.m. – 1 p.m.: Twin Current Events and Sunday Papers Playtime 12 – 4 p.m.: Blood Pressure 12 p.m.: Chess group 10:30 a.m.: Balance, 11:30 a.m. - 1:30 p.m.: 9:30 a.m.: Photography 12:30 p.m.: Bridge Club Screening 11 a.m.: Still Life Painting 1 p.m.: Suburban Lecture: Movement and Memory 1 p.m.: Balance and **Art Reception** for Children 12:30 p.m.: Vision 1 p.m.: Strength Training Holiday Cheer, Holiday Support Lunch and Coordination 1 p.m.: Abstract Painting 10:30 a.m.: Basic 6 p.m.: Depart for 2 – 4 p.m.: Suburban Photography Mormon Temple 7:30 p.m.: Concert: 1 p.m.: Mah Jongg Nurse Specialist 6:15 p.m.: Scrabble Logan Circle 6:30 p.m.: Caregivers 2 p.m.: Speech Therapy and Support Group Support Group 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Michael 7:30 p.m. FRIENDSHIP 3 – 4 p.m.: Tea HEIGHTS COUNCIL Mezey on the 7 p.m.: Pilates **Electoral College MEETING** 18 21 10 a.m. – 2 p.m.: MVA Mobile Office 9 a.m.: Yoga 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village 12 – 4 p.m.: Blood Pressure 10:30 a.m.: Coffee and 9:30 a.m. - 1:30 p.m.: Coffee 12 p.m.: Chess group 10 a.m.: Great Books Playtime and Sunday Papers Screening Current Events 7:30 p.m.: Concert: Annie 10:30 a.m.: Resistance 2 – 4 p.m.: Suburban Nurse 6:15 p.m.: Scrabble Training 7 p.m.: Movie: Finding 3 - 4 p.m.: Tea 12:30 p.m.: Bridge Club 7 p.m.: Pilates 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai 12 – 4 p.m.: Blood Pressure 12 p.m.: Chess group 11 a.m. - 4 p.m.: Village Screening 7:30 p.m.: Concert: Friday Playtime 10:30 a.m.: Coffee and Christmas observed 2 – 4 p.m.: Suburban Current Events **Morning Music Club** 6:15 p.m.: Scrabble Center closed Nurse Specialist 7 p.m.: Movie: The Center closed 3 – 4 p.m.: Tea Beatles: Eight Days a No shuttle bus service Shuttle bus runs on a weekend schedule

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Shuttle bus hours



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

GEICO to hold Goodwill donation

GEICO is hosting a Goodwill e-cycling/donation drive and shredding event on **Saturday, Dec. 10, from 9 a.m. to 1 p.m.,** in its parking lot along Friendship Boulevard. Donations accepted include

Electronics (in good working order)

• Radios • Stereo systems • Mp3 players • VCRs and DVD players • Televisions (must have cable connection or RCA inputs)

Small Appliances

- Toaster ovens Foreman grills Coffee makers Vacuum cleaners Portable air conditioners
- Lamps and fans Microwave ovens Computers and computer parts (in any condition)
- Software programs (less than 2 years old) Gaming systems Cell phones

Other recyclable household items will also be accepted, including clothes, shoes, toys, books, accessories, furniture and lawn equipment (all fuel must be removed prior to donating) and small appliances in good working order.

CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Feb. 3 – April 7. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, Thursdays, 6:45 to 8:45 p.m., Jan. 5 – March 9. \$60 for residents; \$80 for nonresidents.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please), Jan. 12 – March 16. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. The cost is \$185 for residents; \$200 for nonresidents.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Dec. 6 – Jan. 24. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet Dec. 20, Dec. 27.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Dec. 7 – Jan. 25. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet Dec. 21, Dec. 28.

DANCE FOR HEALTH NEW!

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; Jan. 5 – Feb. 9, taught by Rima Faber. Come to a free trial class on Dec. 6 to see for yourself and ask all your questions. Minimum of 10. \$65 for residents; \$70 for nonresidents. See pg. 11.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Dec. 5 – Jan. 30. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet Dec. 19, 26 and Jan. 16.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case manager. Meets one Monday evening a month;

check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Meets Mon., Dec. 12, see pg. 2.

CHESS

An informal group plays chess, Wednesdays, 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday, 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in discussions of works, usually from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's SeniorHealth Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone.

Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

SCRABBLE

This group of Scrabble players meets at the Center, Thursdays at 6:15 p.m.

TEA

Village volunteers serve hot beverages, cookies and fruit to Village residents and their guests, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

Meets one Tuesday morning each month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members welcome.

VILLAGE BRIDGE CLUB

Meets Mondays, 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caregiver older than age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday each month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Dance your way to a healthier you

Science has proven a strong connection between movement and good cognitive health. Benefits of dancing include strengthening the body, brain and balance system. Come to the Village Center on **Tuesday**, **Dec. 6, at 9:30 a.m.** for a preview of a new dance class for adults taught by well-known instructor Rima Faber.

Dr. Faber will hold two different (and free) 45-minutes classes and let the participants tell her which one they find more beneficial.

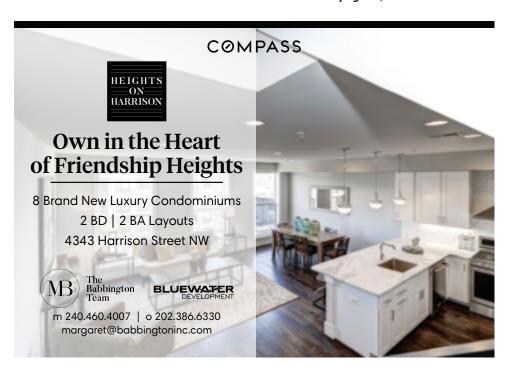
"Dancing with the Healthy Brain" includes low-impact aerobics, stretching and strengthening to music, which fosters oxygenation of the brain, promotes better balance and comfort in moving and also includes knowledge about injury prevention. "Ballet for Health" is for anyone who ever wished she (or he!) had had or continued ballet training. The class focuses on the rudiments of ballet as a means of physical conditioning with artistic pleasure. It incorporates healthy movement practices for alignment, range of movement, and moving with ease. Classes will improve stretch, core strength,



endurance, and promote healthy use of the body.

Rima Faber, PhD, has an extensive background in dance. She trained with Anna Sokolow, Martha Graham, and Merce Cunningham and performed at the famed Judson Church. She has pursued a career as a performer, choreographer, dance educator, and director of several performing companies. Dr. Faber was the founding President and Executive Director of the National Dance Education Organization, where she served as Program Director for

Continued on page 15, see Dance Classes



Concerts are held Wednesdays, 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Dec. 7—Winter Holiday with the Frank Cassel Duo — Banjo Man Frank Cassel teams up with Katy Morse for a winter holiday program featuring the banjo and guitar.

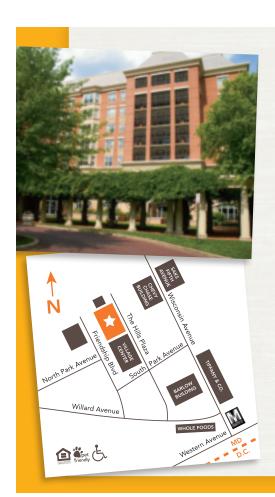


Wednesday, Dec. 14 — *Logan Circle* — American clarinetist James Logan has been thrilling audiences for more than 19 years with the United States Navy Band in Washington, D.C. Logan has appeared as soloist on more than 100 occasions, including appearances in St. Petersburg, Russia, numerous national tour concerts, and at numerous national monuments across the Washington D.C. area. He has performed alongside Dave Brubeck,

Maureen McGovern, Rosemary Clooney, Branford Marsalis, Charlotte Church, Kathy Lee Gifford, Neil McCoy, Chuck Norris, and Al Hirt. He is the founding member of the critically acclaimed chamber ensemble Logan Circle.

Wednesday, Dec. 21 — *Annie and Mac* — Influenced by Uncle Dave Macon, Tennessee Ernie Ford, Grandpa Jones and others, Annie and Mac mix humor with love songs, gospel and old-time folk songs and sweet harmony duets. Mac's clawhammer and bluegrass banjo and harmonica and Annie's rhythm guitar are well-steeped in the old time traditions.

Wednesday, Dec. 28—Friday Morning Music Club — Friday Morning Music Club Students Division returns to the Village Center in December. Performers will include an impressive line-up of young musicians. Most of them, while still in high school, are laureates of numerous competitions and are already accomplished musicians. The program will feature classical composers from Baroque to 20th century.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard Chevy Chase, MD 20815 301-656-1900

BGFriendshipHeights.com

Call today to schedule a complimentary lunch and tour: 301-656-1900



TO YOUR HEALTH

Vision Support Group: *Better light for better sight*

Good lighting becomes more important as we get older. Even normal healthy eyes usually require twice as much illumination at age 50 as they did at 25.

Join Terry Eason, Executive Director, Low Vision Center of Bethesda, for a discussion of how to "light up our lives and protect our eyes" at the Vision Support Lunch and Learn at the Village Center on **Thursday, Dec. 15, from 12:30 to 1:30 p.m.**

The Vision Support Group is a partnership of the Village of



Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Holiday cheer, holiday fear

Coping with grief during the holidays is the topic of this month's Suburban lecture at the Village Center on **Wednesday, Dec. 14, at 1 p.m.** The holiday season brings an array of emotions and expectations that can leave you with feelings of grief and loneliness. Join us for a discussion about coping strategies in dealing with these emotionally charged times. Cosponsored by Jewish Social Services Agency.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Our Listings in the Friendship Heights Community

FOR SALE

5610 Wisconsin Ave. #607 \$2,695,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407 \$2,525,000: 2 BR + Den, 2.5 BA, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #1108 \$2,350,000: 2 BR + Den, 2.5 BA, Balcony; 2,780 SqFt

5600 Wisconsin Ave. #1402 \$1,495,000: 2 BR + Den, 2.5 BA, Balcony; 1,952 SqFt

4301 Military Rd. NW. #104 \$975,000: 2 BR, 2 BA, Private Terrace; 1,320 SqFt

FOR RENT

5610 Wisconsin Ave. #1102 \$6,500/mo: 2 BR, 2.5 BA, Renovated, Knockout Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #204 \$2,950/mo: 1 BR, 1.5 BA, Balcony; 1,141 SqFt





New condo listings coming soon. Call today for details!

LONG & FOSTER



CHRISTIE'S



Zelda Heller, Jamie Coley & Leigh Reed of Long & Foster Real Estate Exclusive Affiliate of Christie's International

888.907.6643 Main 240.497.1700 Office

hellercoleyreed@gmail.com hellercoleyreed.com



Café Muse presents...

This month's Café Muse, on Monday, Dec. 5, in conjunction with 100 Thousand Poets For Change, will feature readings from "Veils, Halos & Shackles: International Poetry on the Oppression and Empowerment of Women" with Roberta Beary, Barbara Goldberg, Linda Pastan, and Naomi Thiers.

In December 2012, the rape and murder of Jyoti Singh Pandey moved thousands in Delhi to pour into the street in protest. "Veils, Halos & Shackles" was conceived in response to that vicious attack and to the unprecedented public activism for women's safety that followed it. This anthology features more than 250 poems by writers from more than two dozen countries, as well as testimony that is wise, direct, and haunting. The readers at this event will be poets who live and work in the United States. The anthology was edited by Smita Sahay and Charles Adès Fishman, and published by Kasva Press.

SAVE THE DATE

Wednesday, March 15: Philadelphia Flower Show

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Since we are focusing on the anthology, the open mic portion of the reading will be by invitation only. Poets who have contributed to the anthology will be asked to read their poems.

Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for more than 35 years. For more information visit www. wordworksdc.com.

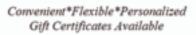
Coming up: January 23, 2017: poets Teri Cross Davis and Hayes

Personal Computer Coach

In-home computer training for women

Cheryl Morris Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net www.personalcomputercoach.com







hen home care is no longer a viable alternative, it is time to graduate to Refined Residential Living. The Cottage at Curry Manor provides the comfort and familiarity of home with attentive care Nurses and services needed to safely live life to the fullest, including daily, freshly prepared fine cuisine. This grand home is an elegant senior residence in Bethesda, MD that can accommodate up to eight residents. Capital City Nurses' President and Founder, Susan Rodgers, RN, and her team of certified caregivers bring over 40 years of knowledge and expertise in senior care to The Cottage at Curry Manor. Visit us today!

The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

301-365-2582 www.thecottagehomes.com



Active outreach month for Friendship Heights Neighbors Network (FHNN) volunteers

FHNN volunteers hosted a series of wine and cheese gatherings that brought together more than 75 Friendship Heights area residents and strengthened our sense of community. The FHNN leadership also provided progress reports and discussed volunteer opportunities and training. Given the success of this initial series of social activities, FHNN will host similar events in the future.

During November, FHNN core volunteers attended the all-Montgomery County Village-to-Village meetings, conferences and training programs coordinated by the Montgomery County Village Coordinator's office. There are 20 Villages in Montgomery County and 10 in development, of which our initiative is one. On election day, FHNN had a display table at the Friendship Heights Village Center. During the voting process numerous residents stopped by and learned more about our community effort.

The FHNN is made possible through the efforts of neighbors representing eight residential buildings in Friendship Heights. For details or to receive updates, connect with the group via email czjones28@yahoo.com. Visit our website to learn about events, updates and news http://www.fhneighbors.org/ Join our mailing list by contacting czjones28@yahoo.com.

Dance Classes, continued from page 11

13 years. She co-authored the book, "Thinking with the Dancing Brain," that is receiving acclaim through the National Dance Education Organization. Dr. Faber was trained to teach Seniors by assisting Liz Lerman's classes and performing with "Dancers of the 3rd Age" for two years. She also taught many years in nursing homes, community centers, and for the Sibley Hospital Senior Association. Details about Dr. Faber's class beginning in January can be found on page 10.

Dr. Michael Gittleson Podiatrist The Barlow Building

5454 Wisconsin Ave. Suite 1250 Chevy Chase, MD 20815 301-986-4900

Medicine/Foot Surgery Early Morning Hours



A Washingtonian Magazine Top Dentist, Dr Marko, as her patients call her is fulfilling her dream of providing her hometown with high quality comprehensive dental care. She has combined the art and science of dentistry with a caring, dedicated team that shares her vision of delivering extraordinary dentistry in a friendly, fun and professional environment.

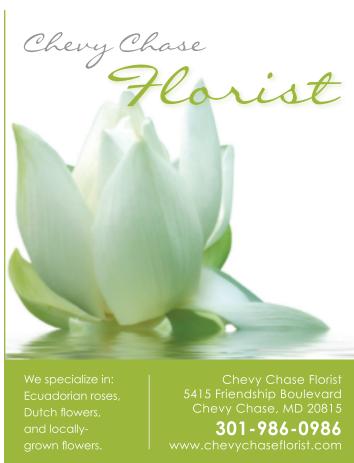
Having the ability to perform all aspects of general dentistry and surrounding herself with a great team of specialists, assures Dr Marko's patients that their dental needs, ranging from cosmetic and therapeutic botox to routine cleanings, fillings, teeth whitening, crowns, advanced implant therapy, cosmetic makeovers, oral surgical, orthodontic and endodontic treatment, will be performed and managed at the highest levels attainable.

Dr Marko and her team look forward to welcoming you into their dental family!

Despina M. Markogiannakis, D.D.S.
Family, Cosmetic and Implant Dentistry
5454 Wisconsin Avenue, Suite 835
Chevy Chase, MD 20815
www.SmilesOfChevyChase.com
301-652-0656









Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815

Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

phone: 301-656-2797

December 2016 events calendar